I claim:

1. A pharmaceutical composition comprising a pharmacological carrier and a peptide having the formula f-Met-Leu-X, wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

2. The pharmaceutical composition of claim 1, wherein said peptide is f-Met-Leu-Phe-Phe.

3. The pharmaceutical composition of claim 1, wherein said peptide is f-Met-Leu-Tyr.

4. The pharmaceutical composition of claim 1, wherein said carrier is selected for administration of the peptide orally.

5. The pharmaceutical composition of claim 1, wherein said carrier is selected for administration of the peptide by inhalation.

~~6.~~ The pharmaceutical composition ~~of claim 1~~, wherein said composition is an aerosol composition.

7. The pharmaceutical composition of claim 1, wherein said carrier is selected for administration of the peptide topically.

~~8.~~ The pharmaceutical composition ~~of claim 1~~, wherein said carrier is selected for administration of the peptide by tablet.

9. A method for inhibiting the degranulation of mast cells, said method comprising contacting the mast cells with a peptide having the formula f-Met-Leu-X, wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

10. A method for treating asthma in a patient, said method comprising administering to said patient a therapeutically effective amount of a

peptide having the formula f-Met-Leu-X, wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

11. A method for treating inflammation in a patient, said method comprising administering to said patient an anti-inflammation effective amount of a peptide having the formula f-Met-Leu-X, wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

12. The method of claim 11, wherein the inflammation is a result of a disease selected from the group consisting of asthma, rheumatoid arthritis and anaphylaxis.

13. The method of claim 11, wherein the inflammation is a result of rheumatoid arthritis.

14. The method of claim 11, wherein the inflammation is a result of anaphylaxis.

15. A method for inhibiting the release of cytokines in a patient, said method comprising administering to the patient a cytokine release inhibiting effective amount of peptide having the formula f-Met-Leu-X, wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

16. A method for inhibiting the release of histamines in a patient, said method comprising administering to the patient a histamine release inhibiting effective amount of peptide having the formula f-Met-Leu-X, wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

17. A method for inhibiting the release leukotrienes in a patient, said method comprising administering to the patient a leukotriene release inhibiting

effective amount of peptide having the formula f-Met-Leu-X, wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

18. A method for reducing adhesion, migration and aggregation of lymphocytes, eosinophils and neutrophils to a site of inflammation in a patient, said method comprising administering to the patient a inhibiting therapeutically effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

19. A method for reducing the production of IgE antibodies at site of inflammation in a patient, said method comprising administering to the patient an IgE antibody production inhibiting effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

20. A method for reducing IgE cross-linking at a site of inflammation in a patient, said method comprising administering to the patient an IgE cross-linking inhibiting effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

21. A method for inhibiting increased vascular permeability at site of inflammation in a patient, said method comprising administering to the patient a vascular permeability inhibiting effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

22. A method for treating chronic inflammation in a patient, said method comprising administering to the patient an anti-inflammation effective amount of (i) a peptide having the formula f-Met-Leu-X, wherein X is selected

from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr and (ii) another active ingredient.

23. The method of claim 24, wherein the other active ingredient is selected from the group consisting of anti-leukotrienes, $beta_2$ agonists and corticosteroids.